

Springdale Fire Department

Entry Level Physical Ability Test

The following are the procedures for the Springdale Fire Department Fire Fighter Entrance Exam. For further details and justification please see the Fire Department Fitness Manual.

Throughout all events the candidate will wear gloves, a weight vest, and a fire-fighting helmet. Additional safety equipment is required for events 1 and 2 and is noted in the descriptions of those events.

Event #1 Blind Tube Crawl

The candidate will crawl through a 30" tube 80 feet while wearing a blacked out mask. Candidate will be provided with kneepads. The event will be considered completed when the candidate exits the other side of the tube and returns to the starting position.

This is not a timed event and will be graded as a pass or fail event. If the candidate fails this event the test will be stopped and the candidate will not be allowed to participate in the rest of the course.

The candidate will fail if they 1) at any time take off the blacked out mask 2) refuse to complete the crawl or 3) refuse to enter the tube.

Event #2 Ladder Climb

The candidate will climb to the top of a 75 foot ladder with the ladder positioned at a 70-degree incline. The candidate will perform this event while wearing a safety harness attached to a safety rope. The event will be completed when the candidate grabs the top rung, signals that they have reached the top and climbs down.

This is not a timed event and will be a pass or fail event. If the candidate fails this event the test will be stopped and the candidate will not be allowed to participate in the rest of the course.

The candidate will fail if they 1) do not reach the top and grab the rung 2) stop more than three times for more than 10 seconds each 3) cause the safety crew to belay due to fall or 4) refuse to complete the climb.

After this event the candidate will have **no more than** 10 minutes to doff the safety harness and rest before the following events. The candidate may elect to continue the exam without rest after they have initialed the form and agreed to continue.

Events #3-#10 will be performed without stopping. The candidate will be allowed no more than two warnings per event for events #3- #10. The test will be completed when the candidate finishes the final event

Time will start when the candidate begins Event #3. Time will stop when the candidate finishes Event #10, runs out of time, or signals that they are discontinuing the exam.

The candidate will have 8 minutes and 51 seconds to finish this portion of the exam

Event #3 Ladder Removal

The candidate will unlock and remove a roof ladder from the wall brackets, place it on the floor then stand up. The candidate will then replace the roof ladder back onto the wall brackets and lock the ladder in place. Once this is completed the candidate will proceed to the next event.

The candidate will fail the event if the ladder is not placed on the wall brackets or the candidate refused to complete the event.

Event #4 Kaiser Sled

The candidate will walk to the Kaiser Sled and strike the weight from one end to the other with the hammer provided. At no time will the candidate's arms go above their head. The candidate shall not strike and pull the weight in order to move the weight. An evaluator will notify the candidate when to stop and when the candidate may proceed to the next event.

If the hammer goes above the candidate's head the candidate will receive a warning. If the candidate strikes and pulls the weight in order to move the weight the candidate will receive a warning. The candidate will receive no more than two warnings for this event.

The candidate will fail the event if the candidate cannot complete the event or if the candidate exceeds the two warning limit.

Event #5 Hose Drag and Pull

The candidate will proceed to the Hose Drag and Hose Pull. The candidate will pick up and secure a 200 foot 1 $\frac{3}{4}$ " hose themselves, drag it to and around an obstacle and proceed to the second part of the event. At this point the candidate will go to one knee (or two) and proceed to pull the first 50 foot of 1 $\frac{3}{4}$ " hose 50 feet. The candidate may use a hand-over-hand method or use two hands to pull the hose to the designated stopping point.

The candidate may run during the hose drag event. The candidate must not travel past the outline during the turn and must stay within the designated square during the hose pull. The candidate will receive one warning if they travel outside the course layout. The candidate will receive one warning that they have moved outside the designated area during the hose pull.

The candidate will fail if they are not able to finish the event, if time runs out or if the candidate exceeds the two warnings for the entire event.

Event #6 Foam Carry

The candidate will proceed to the Barrel event immediately following event #5. The candidate will walk to the barrel stand and remove the Foam barrels using the handles on the barrel. Once the barrels are off the stand the candidate must turn and walk 25 feet, turn and replace the barrels on the stand.

The candidate must walk during this event. The candidate will be allowed one pause to gain a better grip. The candidate must be able to replace the barrels back on the stand. If the candidate knocks the stand over when trying to place the barrels on the stand the candidate must stop and replace the stand.

The event will be considered completed when both barrels are placed on the stand.

The candidate will fail if they do not complete the event or if time runs out.

Event #7 Hydrant

The candidate will proceed to the Hydrant event immediately following Event #6. The candidate will give one full turn of the hydrant wrench without using their elbows against their body or without walking around the hydrant. The candidate must stay within the designated area behind the hydrant. The hydrant will be torqued to 135 lbs.

The candidate will receive one warning if they use their elbows against their body or if they travel outside the designated area.

The candidate will fail if the candidate runs out of time, the candidate fails to give one full turn or if the candidate exceeds one warning.

Event #8 Ladder Extension

The candidate will proceed to the Ladder Extension event immediately following event #7. The candidate will raise the fly section of a 28-foot extension ladder using a hand-over-hand method. The candidate will not be required to lock the ladder at the top. The candidate will not be allowed to lower the ladder until the ladder has been fully extended. The ladder must be lowered safely and without letting the halyard slip. The candidate will not be required to lock the ladder in its lowered position.

The candidate will be given one warning for letting the halyard slip.

The candidate will fail if they are not able to complete the exam properly, they exceed one warning or if the candidate runs out of time.

Event #9 High Rise Carry

The candidate will proceed to the High Rise Carry Event immediately after event #8. The candidate will be required to climb three flights of stairs with a simulated High Rise pack weighing 45 lbs. The candidate must contact every step on the way up and on the way down. Once the candidate reaches the landing on the third floor, the candidate must turn and climb down the stairs with the High Rise pack making sure to contact every step. The event will be considered completed when the candidate replaced the pack at the designated area.

Event #9 (continued)

The candidate will be allowed to run up the stairs and down the stairs so long as they are doing this safely and in a controlled manner.

The candidate will be allowed only one warning for not touching every step. The candidate may pause during the event. No pause shall be longer than 20 seconds. If the candidate pauses for more than 20 seconds the candidate will be given one warning. The candidate will be allowed only one warning for excessive pauses.

The candidate will be allowed a *total* of two warnings for this event. The candidate will fail if the candidate exceeds a total of two warnings, if the candidate is not able to complete the event or if time runs out.

Event #10 Dummy Drag

The candidate will proceed immediately to the final event. The candidate must drag a Rescue Mannequin weighing 175 pounds with both hands. The candidate must drag the dummy 45-foot, turn around and drag the dummy back. There will be straps and a harness on the dummy that the candidate may use. The dummy must not be picked up and carried. The event will end when the feet of the dummy cross the line.

The candidate will not fail if they fall down. The candidate must be able to get back to their feet on their own and without assistance. If the candidate falls down, they must get up within 20 seconds and continue the event. If they are unable to get up within 20 seconds this will be considered a pause and a warning will be issued.

The candidate will be allowed to pause during this event. No pause shall be longer than 20 seconds. If the candidate pauses for longer than 10 seconds the evaluator will give a warning. The candidate will receive only two warnings.

The candidate will fail if they exceed two warnings, if the candidate pauses for more than 20 seconds or if the candidate runs out of time.

Rehabilitation

After the final event the candidate will proceed to the Rehabilitation area and remove the weight vest. The candidate will be allowed to Cool Down and recuperate from the exam. A squad, staffed with a Paramedic, will be made available during these events

The candidate may ask for their time after every person has finished the test. The event will be scored as a Pass/Fail Exam.